

# Healthy foods for Mental Health



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Ventura County WIC Program

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Find local mental health resources  
here:

**Ventura County Behavioral Health -  
Information and Resources**

## Some healthful nutrition tips for mental wellness

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### Get some sunshine vitamin!

Vitamin D can aid in the prevention of depression. Spending a little time in the sunshine will help your body produce vitamin D naturally. Avoiding the sun to prevent skin cancer? Good for you! Look for Vitamin D rich foods and aim for 15 µg a day (adults). Consider trout, salmon, white mushrooms, and fortified milks, cereals and juices. Find out more here:

[Dietary Guidelines for Americans - Food Sources of Vitamin D](#)

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### Something is fishy... and that should be your diet

Omega-3 has been shown to help prevent depression. Omega-3 can be found in fatty fish like salmon, mackerel, cod, and herring. If fish isn't for your taste buds, no problem! Omega-3 can also be found in walnuts, flax seeds, chia seeds and flaxseed oil. For more info about Omega-3, view here:

[WebMD - The Facts on Omega-3 Fatty Acids](#)

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### Keep your body movin'

Exercise keeps the mind and body happy! Whether it be dancing, walking or lifting weights, exercise produces certain endorphins that battle against depression.